



Image courtesy of CDC, Division of Viral and Rickettsial Diseases.

Remove a tick from your skin as soon as you notice it.
Use fine-tipped tweezers to firmly grasp the tick very close to your skin.

With a steady motion, pull the tick's body away from your skin.

Then clean your skin with soap and warm water.

Throw the dead tick away with your household trash.

Avoid crushing the tick's body.

Do not be alarmed if the tick's mouthparts remain in the skin.

Once the mouthparts are removed from the rest of the tick, it can no longer transmit the Lyme disease bacteria.

If you accidentally crush the tick, clean your skin with soap and warm water or alcohol.

Don't use petroleum jelly, a hot match, nail polish, or other products to remove a tick.